



Dragons Abreast Australia National News Bulletin

March 2009



Celebrating Life!



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The Dragon Spirit was alive and well in Canberra on Saturday 14 March at the first of the Regional meetings for 2009.

Jan Skorich, Regional Representative (and our very clever webmaster) welcomed the attendees who had come from as far away as Orange, Wagga Wagga, Clarence Valley and Tasmania. There were also a number of the 'old' Canberra dragons together with some newer members from ACT.

Michelle Hanton took everyone on an informative journey on the wings of a Dragon as to where and how it all began. What a long way we have come in 10 years but as Michelle stressed it was the 'baby steps' which gave us the opportunity to learn and development into a strong national organizing.

All present were enlightened by the visual milestones of Dragons Abreast Australia and left with a better understanding of where we have come from and where we are headed. The meeting engendered valuable discussion and all agreed it was an extremely worthwhile day.

The visiting Dragons made sure they also had time to enjoy a morning paddle on Lake Burley Griffin prior to the meeting on Saturday morning, and the informal dinner on Friday night saw some of the Dragons practicing their belly dance skills.

Numbers were a little lower than expected due to a regatta being held in Canberra on both days of the weekend but those present will no doubt pass what they have learnt.

*Anna Wellings Booth
Founder Dragons Abreast ACT*



Dragons Abreast Brisbane for the donation of \$4,000. As they had funds surplus to their needs they voted as a group to give the money to Dragons Abreast national office as they know how much it costs to keep the organisation afloat so we can all continue to reach out to those who are newly diagnosed and share the magic that is Dragons Abreast.

Submitting Contributions to your Newsletter



Your contributions to this newsletter are important and needed.

Contributions could include photos (with details and captions); a quotable quote; happenings such as the launch of a boat, a fundraiser, a celebration, a team or team member achievement; anything that may be of interest to readers of this newsletter. Contributions should be sent to newsletter@dragonsabreast.com.au

To buy - a second hand 10 seater boat

Dragons Abreast Coffs Coast are looking at buying (long term plan) a 2nd hand 10 seater boat to compliment the 20 seater boat hired through DBNSW by Coffs Coast Dragon Boat Club. Contact angie@dragonsabreast.com.au if you can help

AROUND THE NATION – what we've been up to.

Dragons Abreast Brisbane spent the Saturday before their visit to Darling Harbour Sydney for Chinese New Year at Southbank in Brisbane, where they were surprised by a



visit from Michelle Hanton. The ladies not only flew the flag for breast cancer survivorship by paddling in pink in the racing, they and their supporters "Pink Connections" also paddled with corporate crews and volunteered in all areas to assist the sports crew run this very successful Chinese New Year regatta. The team also fed and watered all those working on the day, by providing and delivering filled rolls, soft drinks and fruit juices."

DRAGONS ABREAST PORT LINCOLN Inc

celebrated their 5th Anniversary on Thursday January 22nd 2009 with a Cocktail Party at Ravendale Sporting Complex

Congratulations!

**ID BADGE DRAW
WINNER**

March 2009

**Ranee Hanlen from
Dragons Abreast
Clarence Valley**



Cynthia Schulze, Sandra Sinclair, Sandra Dudley, Maxine Barker, Beth Dunchue, Fay Stendt, Fay Mathews

VALE Sandi Tilbrooks - Dragons Abreast Adelaide

We'll still meet at West Lakes
And paddle on the lake
But Sandi won't be with us
Her spirit's in our wake

I talked to her on Tuesday
She'd only hours to go
But somehow she seemed tranquil
And somehow in the know

She greeted us with her usual smile
That cheeky battered face
It was hard to believe that she was so crook
But she didn't moan

We laughed and joked
As we have usually done
And yes, the sparkle was still there
In our rough diamond's eye

She had a fag, a last few puffs
And then she made us laugh
"My lungs are still the only bits
That work, not like all rest"

A gentle kiss and cuddle
And then we had to go
"Just give the girls my love" She said
I thought you'd like to know.

I will miss our Sandi
Her smiling little face
That always seemed so happy
A certain kind of grace

Graham Redett



Quote of the Month

"I am not afraid of storms, for I have learned how to sail my ship." **Louisa May Alcott**

PETERBOROUGH 2010

The Office is currently acting as a "Mail Box", distributing information to those wishing to paddle in a Dragons Abreast Australia Composite Team in June 2010. Composite teams are filling fast and those on the list are receiving a separate emails.

We are not the organizers of the event and if you have any general questions in regards to the festival please contact [Survivors Abreast](#) in Peterborough direct.

We suggest you become familiar with their website and that of the [International Breast Cancer Paddlers Commission](#)

DATES FOR YOUR DIARY

The next General Meeting will be in Coffs Harbour on March 28th, followed by Sydney on May 16th 2009.

These meetings provide a unique opportunity for members to connect, share and learn more about what is happening at the national level. Notes from the Canberra General Meeting will be loaded to the website by the weekend.



October 25th 2009 – *Dragons Abreast Australia Corporate & Community Regatta – Darling Harbour*

Registrations are now open

This is a fun regatta, open to all. Any group of 20 may make up a team. It could be a corporate group, a mothers group or members of your community or other local group. No experience required, training will be provided.

Don't miss out on your chance to do something wonderful for those living with breast cancer.

Visit www.dragonsabreast.com.au/National/DAA_Regatta for more details

Sunday 17th May – *Simply the Breast Yacht Race* – Darwin presented by Medibank Private and supporting sponsor Members Equity. Visit our [website](#) for more details

June 11-13 2010 - *IBCPC International Participatory Breast Cancer Dragon Boat Festival Peterborough Ontario Canada* - Dragons Abreast Australia is fielding 2 composite teams and has already secured accommodation for these two teams. Anyone interested in being part of these teams should email office@dragonsabreast.com.au

Dragons Abreast have a national events calendar on the website, if you would like your events included on this calendar, there are two ways to do this:

1. Add the event to your Outlook calendar, and 'invite' webmaster@dragonsabreast.com.au or
2. Send an email with the details to webmaster@dragonsabreast.com.au

The calendar can be viewed at http://www.dragonsabreast.com.au/National/events_calendar.htm and already has a couple of events for 2010, so make sure yours are included! This makes our planning for the future easier, and we try to ensure there are no clashes.

NATIONAL MERCHANDISE ORDER FORM

ITEM	PRICE	QUANTITY	SIZE	TOTAL
Bucket Hat - adjustable	\$15.00			
Cap - pink with DAA logo	\$15.00			
Polo Shirt	\$40.00			
Rashie - very limited sizes in stock - please check with us.	\$60.00			
Dress shirt - special orders	\$40.00			
Anorak with zip out fleecy - XS, and M only in stock	\$120.00			
Pink Spray Jackets	\$40.00			
DA Paddle/car sticker (3)	\$7.50			
Dragons Abreast Pins	\$3.00			
Cloth Badge	\$3.00			
DAA Note Cards (Pack of 10)	\$10.00			
Name Badges - please ask for form	\$15.00			
<i>A Dragon's Tale</i> - Our story in a full colour book	\$35.00			
<i>We Are Proud</i> CD	\$10.00			
Apron	\$10.00			
Stubby Coolers	\$6.00			
Scarf - rayon	\$10.00			
Sarongs	\$15.00			
Keyring of Hope	\$15.00			
Dragon Brooch	\$45.00			
POSTAGE & HANDLING -				
500gm Express Post	\$10.00			
3 kg Express Post	\$15.00			
3kg Lg Express Post	\$20.00			
5kg Lg Express Post	\$25.00			

Name:	Member Group:
Address:	Telephone:
	Email:
I enclose payment of\$	Chq/Cash/Direct
Debit/Money Order or	
CREDIT CARD PAYMENT AUTHORITY	
Debit my <input type="checkbox"/> Amex <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard	
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Cardholder Name:	Expiry Date: /
Card Signature	Amount \$
Email merchandise@dragonsabreast.com.au Phone: 08 89418923	
Fax: 08 89410821	

